

# 300 AB WORKOUT

10 exercises

10 reps

1 round= all 10 exercises

3 rounds total

1. Tuck Knee heel touch
2. Traveling Bear Crawl
3. Toe Touch w/ Sit up
4. V sit up w/ slow decline
5. Bear Crawl up & down
6. Reaching Situps
7. Bear Crawl Shoulder Taps
8. Scissors
9. Windshield Wipers
10. Hip Raises